

Date: _____

Name (to be called) _____ Name Listed with Insurance (if different): _____

Pronoun _____ Birthdate _____

New Patient Medical Intake Form

This form helps us learn about your medical history. Please complete it to the best of your ability. Not every question is relevant to everyone. If you feel uncomfortable answering a question, leave it blank. We use a harm reduction model of care; therefore, we will never penalize you or deny you care based on what you tell us on this form.

Do you need help with this form? Yes No

If you answered yes, please stop filling out the form and speak with a Front Desk staff member.

Person filling out this form (if not the client): _____

Name

Relationship to Patient

Medical History

What medical conditions do you have?

None
(Skip this section)

- Diabetes Type I
- Diabetes Type II
- High Blood Pressure/Hypertension
- High Cholesterol
- Heart Disease
- History of Stroke
- History of Heart Attack
- Hepatitis A
- Hepatitis B
- Hepatitis C
- Liver Disease _____
- Pancreatitis
- Kidney Disease _____
- Breast Disease _____
- Other medical conditions not listed:
- Thyroid Disease _____
- Migraines
- Blood clots
- Chronic Pain _____
- Arthritis
- Osteoporosis
- Autoimmune Disease _____
- Epilepsy
- Traumatic Brain Injury
- Pituitary Adenoma
- Alzheimer's or Dementia
- Hearing Impairment
- Blindness
- Intersex Condition _____
- Sleep Apnea
- Allergies
- Asthma
- COPD or Emphysema
- Tuberculosis (TB)
- Cancer _____
- HIV or AIDS
- HSV (Herpes)
- Endometriosis
- Fibroids
- Polycystic Ovarian Syndrome (PCOS)
- Incontinence
- Hemorrhoids
- Irritable Bowel Syndrome

Mental Health History

What mental health conditions do you have?

None
(Skip this section)

- Depression
- Anxiety
- PTSD
- Bipolar I
- Bipolar II
- Obsessive Compulsive Disorder
- Other mental health conditions not listed:
- Schizoaffective Disorder
- ADD/ADHD
- Autism Spectrum Disorder
- Eating Disorder
- Substance Use Disorder (sober or currently using)
- Alcoholism (sober or currently using)

Allergies

What are your allergies and what is your reaction?

None
(Skip this section)

Medications _____ None

Foods _____ None

Animals/Insects _____ None

If your allergic reaction is anaphylaxis, do you have an epi-pen? Yes No

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Medications

What medicines (prescription and over-the-counter), vitamins, supplements and herbs do you take (regularly and as needed)? None (Skip this section)

Name	Dose	How often?	What is it for?

Do you often have trouble remembering to take medicines? Yes No

Medical History of Blood Relatives

To your knowledge, have any of your blood relatives had any of the following? If so, please indicate who of your blood relatives has the condition. None Unknown (Skip this section)

- | | | |
|--|---|--|
| <input type="checkbox"/> Diabetes _____ | <input type="checkbox"/> Sickle Cell Anemia _____ | <input type="checkbox"/> Blood Clots _____ |
| <input type="checkbox"/> High Cholesterol _____ | <input type="checkbox"/> Osteoporosis _____ | <input type="checkbox"/> Breast Cancer _____ |
| <input type="checkbox"/> High Blood Pressure _____ | <input type="checkbox"/> Parkinson’s Disease _____ | <input type="checkbox"/> Cervical Cancer _____ |
| <input type="checkbox"/> Heart Attack _____ | <input type="checkbox"/> Alzheimer’s Disease _____ | <input type="checkbox"/> Ovarian Cancer _____ |
| <input type="checkbox"/> Stroke _____ | <input type="checkbox"/> Mental health issues _____ | <input type="checkbox"/> Colon Cancer _____ |
| <input type="checkbox"/> Heart Surgery _____ | <input type="checkbox"/> Alcoholism _____ | <input type="checkbox"/> Prostate Cancer _____ |
| <input type="checkbox"/> Thalassemia _____ | <input type="checkbox"/> Drug User _____ | <input type="checkbox"/> Thyroid Condition _____ |
| <input type="checkbox"/> Not Listed: _____ | | |

Surgical History

What surgeries have you had in the past and in what year? None (Skip this section)

- | | | |
|--|---|--|
| <input type="checkbox"/> Appendix removal _____ | <input type="checkbox"/> Breast Reduction _____ | <input type="checkbox"/> Breast Implants _____ |
| <input type="checkbox"/> Tonsils removal _____ | <input type="checkbox"/> Mastectomy _____ | <input type="checkbox"/> Orchiectomy _____ |
| <input type="checkbox"/> Hernia repair _____ | <input type="checkbox"/> Hysterectomy _____ | <input type="checkbox"/> Vulvoplasty _____ |
| <input type="checkbox"/> Gall bladder removal _____ | <input type="checkbox"/> Oophorectomy _____ | <input type="checkbox"/> Vaginoplasty _____ |
| <input type="checkbox"/> Orthopedic _____ | <input type="checkbox"/> Metoidioplasty _____ | <input type="checkbox"/> Tracheal Shave _____ |
| <input type="checkbox"/> Breast lumpectomy _____ | <input type="checkbox"/> Phalloplasty _____ | <input type="checkbox"/> Facial Surgery _____ |
| <input type="checkbox"/> Unilateral mastectomy _____ | <input type="checkbox"/> Scrotoplasty _____ | <input type="checkbox"/> Body Contouring _____ |
| <input type="checkbox"/> Not Listed: _____ | | |

Have you ever injected or pumped silicone, oils, or other substances for the purpose of body shaping? Yes No

Hospitalizations

Other than for surgery or childbirth, have you ever been hospitalized overnight for a medical or mental health issue? Yes No

If yes, what for and when? _____

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Vaccinations

Did you receive childhood vaccinations?	<input type="checkbox"/> No	<input type="checkbox"/> I'm not sure	<input type="checkbox"/> Yes
Have you been vaccinated for:		Approximate Date	
HPV (Gardasil)	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Tetanus / TdaP	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Hepatitis A	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Hepatitis B	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Influenza (Flu)	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Pneumonia (Pneumovax)	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Chicken pox (Varavax)	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Shingles (Zostavax)	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
Meningitis	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes
COVID-19	<input type="checkbox"/> No	_____	<input type="checkbox"/> Yes

When was the last time you had a test for tuberculosis (TB)? _____

What was the result? _____

Have you ever had a positive test for TB? Yes Unsure No
 If yes, did you complete ≥ 6 months of preventative treatment? No Unsure Yes

Are you experiencing any of the following symptoms?
 cough > 3 weeks unexplained weight loss
 coughing up blood drenching night sweats

Have you had known contact with someone known to have TB disease of the lung? Yes No
Were you born in Asia, Africa, Latin America or Eastern Europe? Yes No
Have you spent more than 2 weeks in Asia, Africa, Latin America, or Eastern Europe in the past 2 years? Yes No
Have you been in prison/jail in the past 5 years? Yes No
Do you work with people who use drugs, are migrant workers, or are experiencing homelessness? Yes No
Are you a health care worker? Yes No

Sexual Health & Cancer Screenings

When was your last:		Date	Result
Cervical Pap Smear	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Anal Pap Smear	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
HIV Test	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Sexually Transmitted Infection Test	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Hepatitis C Test	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Mammogram	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Colorectal Cancer Screening	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Bone Density Scan	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable
Cholesterol Lab Test	<input type="checkbox"/> never <input type="checkbox"/> unsure	_____	<input type="checkbox"/> Not applicable

Have you ever been diagnosed with or tested positive for a sexually transmitted infection? No
 (Skip this section)
If yes, please check all that apply:

<input type="checkbox"/> HIV/AIDS	<input type="checkbox"/> Syphilis	<input type="checkbox"/> Trichomonas
<input type="checkbox"/> Gonorrhea	<input type="checkbox"/> Oral Herpes	<input type="checkbox"/> Bacterial Vaginosis
<input type="checkbox"/> Chlamydia	<input type="checkbox"/> Genital Herpes	<input type="checkbox"/> Yeast Infection
<input type="checkbox"/> Pelvic Inflammatory Disease	<input type="checkbox"/> Genital Warts	<input type="checkbox"/> Molluscum
<input type="checkbox"/> Not Listed: _____		

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How would you describe your sexuality? (Check all that apply)

- Lesbian
- Gay
- Bisexual
- Queer
- Pansexual
- Heterosexual (Straight)
- Not Listed: _____
- Dyke
- Faggot
- Same Gender Loving
- Asexual (Ace)
- Aromantic (Aro)
- Demisexual
- BDSM/Kink
- Skoliosexual
- T4T (trans for trans)
- Questioning
- I don't use labels

When was the last time you had sex or came in contact with another person's bodily fluids?

(ejaculate, discharge, blood, or mucous membranes of the mouth, anus, genitals)

_____ Not applicable

What is your relationship status?

- Polyamorous
- Non-monogamous
- Monogamous
- Single, Dating
- Single, Not Dating

How many regular sexual partner(s) do you currently have? _____

None

In the past year, how many different sexual partner(s) have you had? _____

None

What is the gender of your sexual partner(s)? (Check all that apply)

- Cis-gender Women
- Cis-gender Men
- Trans Feminine
- Trans Masculine
- Non-Binary
- Not Listed: _____

How do you practice "safer sex"? _____

As far as you're aware, do any of your sexual partners have a chronic sexually transmitted infection? (HIV, Genital Warts or HPV, Herpes)

Yes No

Do you think you or your sexual partner(s) may have a contracted a new sexually transmitted infection recently?

Yes No

Are you having any difficulties with your sex life?

Yes No

Have you ever had a menstrual period?

Unsure Yes No

(Skip this section)

How old were you when you first got your period? _____

Do you still have regular periods?

Unsure Yes No

If no, are you on any medications that stop or affect your period (such as hormones)?

Unsure No Yes
(Skip this section)

What was the date that your last normal period began? _____

What are your periods like?

I get one every _____ days

It lasts for _____ days

On my heaviest day, I use _____ pads/tampons/cups

If you get cramps, how severe are they on a scale of 1 (low) to 10 (high)? _____

Are you capable or have you ever been capable of becoming pregnant?

Yes No
(Skip this section)

Have you ever been pregnant?

Yes No

If yes, how many times have you:

Been Pregnant? _____ Had an abortion? _____ Had a miscarriage? _____

Had a premature birth? _____ Had a full-term birth? _____ How many live children do you have? _____

Are you planning on getting pregnant in the future?

Unsure Yes No

Do you or your partner(s) use any kind of birth control?

Not needed No Yes

If yes, what kind? _____ Are you satisfied with this method? No Yes

Could you be pregnant today?

Yes No

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Have you or are you currently going through menopause? Unsure Yes No
(Skip this section)

At what age? _____

Have you had any bleeding since then? Yes No

Are you currently having any symptoms of menopause? Yes No

- If yes, which ones? Hot flashes Mood changes
 Insomnia Genital Dryness/Pain with penetration
 Not Listed: _____

Mental Health & Substance Use Screening

We ask all clients about safety, mental health, and substance use, because this can greatly affect your overall health.

Over the past two weeks, how often have you been bothered by:

- Feeling nervous, anxious or on edge?
 Nearly every day More than half the days Several Days Not at all
- Not being able to stop or control worrying?
 Nearly every day More than half the days Several Days Not at all

Have you ever been non-consensually hit, slapped, kicked, or physically hurt? Yes No
If yes, when did this happen? _____

Have you ever been forced or pressured to have sex? Yes No
If yes, when did this happen? _____

Do you want to discuss this with your provider today? Yes No

Over the past two weeks, how often have you been bothered by:

- Having little interest or pleasure in doing things you usually enjoy?
 Nearly every day More than half the days Several Days Not at all
- Feeling down, depressed, or hopeless?
 Nearly every day More than half the days Several Days Not at all

Do you often have trouble sleeping?
 Nearly every day More than half the days Several Days Not at all

The following are symptoms that people sometimes have after experiencing, witnessing or being confronted with a traumatic event. Please answer according to how much the symptoms have bothered you since the trauma.

- Recurrent thoughts or memories of the event.
 Most of the time Sometimes Rarely Not at all
- Feeling as though the event is happening again.
 Most of the time Sometimes Rarely Not at all
- Recurrent nightmares about the event.
 Most of the time Sometimes Rarely Not at all
- Sudden emotional or physical reactions when reminded of the event.
 Most of the time Sometimes Rarely Not at all
- Avoiding activities that remind you of the event.
 Most of the time Sometimes Rarely Not at all
- Avoiding thoughts or feelings associated with the event.
 Most of the time Sometimes Rarely Not at all
- Feeling jumpy or easily startled.
 Most of the time Sometimes Rarely Not at all
- Feeling on guard.
 Most of the time Sometimes Rarely Not at all

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Do you currently use or have you ever used tobacco products?

Yes No
(Skip this section)

If yes, in terms of tobacco use, are you a:

- Current cigarette smoker
When did you first start smoking? _____
How many cigarettes do you smoke per day? _____
Are you interested in quitting? No Thinking about quitting Ready to quit
- Former cigarette smoker
When did you quit smoking? _____
On average how many cigarettes did you smoke per day? _____
How many years did you smoke for? _____
- Other tobacco user (Circle: cigars, hookah, chew, vape). How often and for how many years? _____

How many times in the past year have you had 4 or more alcoholic drinks in 1 day? _____

None
(Skip this section)

Are you interested in quitting?

No Thinking about Quitting Ready to Quit

How many times in the past year have you used a recreational or prescription drug for non-medical reasons?

_____ None
(Skip this section)

What have you used and when did you last use?

- | | |
|--|--|
| <input type="checkbox"/> Marijuana _____ | <input type="checkbox"/> Methamphetamines (Crystal Meth) _____ |
| <input type="checkbox"/> Rx Opioids (Fentanyl, Codeine, Oxycontin, Vicodin, Percocet, Dilaudid, Morphine, etc) _____ | <input type="checkbox"/> Rx Stimulants (Ritalin, Adderall, Dexedrine, Concerta, etc) _____ |
| <input type="checkbox"/> Heroin _____ | <input type="checkbox"/> Ketamine (Special K) _____ |
| <input type="checkbox"/> Cocaine/Crack _____ | <input type="checkbox"/> Barbiturates (Phenobarbitol) _____ |
| <input type="checkbox"/> Cathinones (Bath Salts) _____ | <input type="checkbox"/> Sleeping Aids (Ambien, Lunesta, etc) _____ |
| <input type="checkbox"/> MDMA (Ecstasy) _____ | <input type="checkbox"/> Rohypnol (GHB) _____ |
| <input type="checkbox"/> Phencyclidine (PCP) _____ | <input type="checkbox"/> LSD (Acid) _____ |
| <input type="checkbox"/> Anabolic Steroids or Human Growth Hormone _____ | <input type="checkbox"/> Mushrooms _____ |
| <input type="checkbox"/> Benzodiazepines (Xanax, Klonopin, Ativan, etc) _____ | <input type="checkbox"/> DMT (Ayahuasca) _____ |
| <input type="checkbox"/> Nitrous Oxide (Whippits) _____ | <input type="checkbox"/> Peyote (Mescaline) _____ |
| <input type="checkbox"/> Alkyl Nitrites (Poppers) _____ | <input type="checkbox"/> Not Listed: _____ |

If you use opioids, do you have access to Narcan (Naloxone)?

Not Applicable No Yes

Are you interested in quitting?

No Thinking about Quitting Ready to Quit

Nutrition & Exercise

How many servings per day do you eat:

Fruit? _____ Vegetables? _____ Foods with calcium? _____
(milk, cheese, yogurt, soy milk, tofu, quinoa, greens, etc)

How easy is it for you to access these foods?

Very difficult Somewhat difficult Easy

How many times per week do you consume the following:

Fast food? _____ Fried food? _____ Sugary drinks? _____

Do you feel like you eat the right amount of food?

Too little Too much The right amount

Are you concerned about your weight?

Yes No

Do you exercise?

No Yes

If yes, what do you do? _____

How many times per week? _____ How long do you spend working out at a time? _____

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Dental History

- Have you seen a dentist in the last 6 months? No Yes
- Do you have difficulty chewing or swallowing? Yes No
- Do you brush your teeth daily? No Yes
- Do you floss daily? No Yes

Health Directive

- Do you have a California Health Care Directive? (a legal document that specifies what actions should be taken if you are no longer able to make decisions for yourself) No Yes
- Do you have someone to call if you need help in an emergency? No Yes
- If over 50, do you have someone to help you make decisions about your health? No Yes

Employment, Housing, & Transportation

- Are you working or in school? (Check all that apply)
 - Yes, my current job is: _____
 - No, I'm unemployed
 - No, I'm retired
 - No, I'm on disability for: _____
 - Yes, I'm in school for: _____

What is your current living situation?

- House or Apartment (Stable/Permanent)
- With friends/family (Temporary)
- In a Single Room Occupancy (SRO) Hotel since _____
- In a Residential Treatment Program
- In a Vehicle
- In a Shelter
- On the Street

Who do you live with? _____

- Do you feel safe in your living situation? No Yes
- If you are over 50 and/or disabled, do you sometimes fall? Is it hard to get up? Yes No
- Are there guns in your home? Yes No
- Do you, your friends, or your family smoke in your home or place you live? Yes No
- Are there working smoke detectors in your home? No Yes
- Are you a primary caretaker for children, your parents or other adults? Yes No
- Do you have any pets or a support animal? Yes No
- When in a car, do you wear a seatbelt? No Yes
- When riding a motorcycle, do you wear a helmet? No Yes
- When riding a bicycle, do you wear a helmet? No Yes
- Have you had any transportation-related accidents recently? Yes No
- Are family members/friends worried about you driving? Yes No

Gender History

- Are you trans, gender non-conforming or have a history of gender transition? Yes No
(Skip this section)

How would you describe your gender identity? (Check all that apply):

- Woman
- Man
- MTF
- FTM
- Trans Feminine
- Trans Masculine
- Transguy
- Feminine-of-Center
- Masculine-of-Center
- T-Girl
- T-Boy
- Trans
- Transgender
- Transsexual
- Femme
- Butch
- Stud
- Aggressive (AG)
- Boi
- Androgynous
- Demigirl
- Demiboy
- Tomboy
- Two-Spirit
- Hijra
- Kathoey
- Muxe
- Khanith
- Gender Non-Conforming
- Genderqueer
- Gender Variant
- Gender Fluid
- Non-Binary
- Genderfuck
- Bi-Gender
- Multi-Gender
- Pangender
- Gender Creative
- Gender Expansive
- Third Gender
- Agender/Neutrois
- Questioning
- Don't use labels

Date: _____

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Not Listed: _____

At what age did you first feel your gender identity differed from the gender that's assumed to align with the sex you were assigned at birth? _____

Have you ever felt anxious, distressed, depressed, or suicidal because your physical appearance did/does not align with your gender identity? Yes No

Are the following people aware of and supportive of your transition/gender identity and expression?

- | | | |
|----------------------|--------------------------------|-------------------------------------|
| Significant other(s) | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |
| Family of origin | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |
| Support group | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |
| Friends | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |
| Therapist | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |
| School | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |
| Employer | <input type="checkbox"/> Aware | <input type="checkbox"/> Supportive |

Do you have any fears about coming out as or being trans, non-binary, or gender non-conforming? What are they?

Have you updated your name and/or gender marker on all identity documents you want to change? No Yes (Skip to next question)

If no, do you want assistance updating any of your identity documents? Yes No (Skip to next question)

If yes, which documents would you like to update?

- Social Security Card
- Driver's License or State-Issued ID
- Passport
- Green Card
- Birth Certificate (if checked, please tell us which state you were born in) _____

What would you like to change?

- Name only
- Gender Marker only (will need doctor's letter to change federal identity documents)
- Name and Gender Marker (will need doctor's letter to change federal identity documents)

Do you use any prosthetics or compression techniques to express your gender? (bind, pack, breast forms, padding, tuck, etc.) Yes No (Skip to next question)

If yes,

How many hours per day? _____

What do you use? (binder, duct tape, KT tape, ace bandage, gaffe, packer, breast forms, tissue paper, socks, etc.)

Do you have any complications? (chronic pain, urinary tract infections (UTIs), fungal infections, rashes, acne, broken bones, etc.)

Date: _____

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Have you ever discussed medical transition (hormone therapy and/or surgery) with a health care provider before?

Yes No or N/A
(Skip to next question)

If yes, when were you first diagnosed with gender dysphoria? _____

What clinic or provider diagnosed you? _____

If you are currently on hormone therapy,

When did you first start hormone therapy? _____

What is the current formulation and dose of your medication?

Medication (example: testosterone cypionate 200mg/mL): _____

Route (example: Injection, Patch, Gel, Pill): _____

Dose (example: 0.3mL): _____

How often (example: every week): _____

Do you have any concerns or issues with hormone therapy you would like to discuss?

If you are not currently taking hormones,

Were you on hormones therapy in the past? Yes No

Are you interested in starting or re-starting hormone therapy? Yes No

If yes, what are you hoping hormones will do for you?

If yes, what (if any) are your concerns about taking hormones?

Are you interested in pursuing any gender affirming surgeries?

Yes No
(Skip this question)

If yes, which surger(ies)? (Check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Mastectomy (top surgery) | <input type="checkbox"/> Breast Augmentation (implants) |
| <input type="checkbox"/> Hysterectomy (removal of uterus) | <input type="checkbox"/> Orchiectomy (removal of testes) |
| <input type="checkbox"/> Oophorectomy (removal of ovaries) | <input type="checkbox"/> Vulvoplasty |
| <input type="checkbox"/> Metoidioplasty | <input type="checkbox"/> Vaginoplasty |
| <input type="checkbox"/> Vaginectomy | <input type="checkbox"/> Tracheal Shave (adam's apple reduction) |
| <input type="checkbox"/> Urethral Lengthening | <input type="checkbox"/> Facial Hair Reduction (laser or electrolysis) |
| <input type="checkbox"/> Scrotoplasty | <input type="checkbox"/> Facial Gender Confirmation Surgery |
| <input type="checkbox"/> Phalloplasty | <input type="checkbox"/> Body Contouring |
| <input type="checkbox"/> Not Listed: _____ | |

Thank you for taking the time to complete this form!